

Diabetes in the Lake Cumberland Area Development District

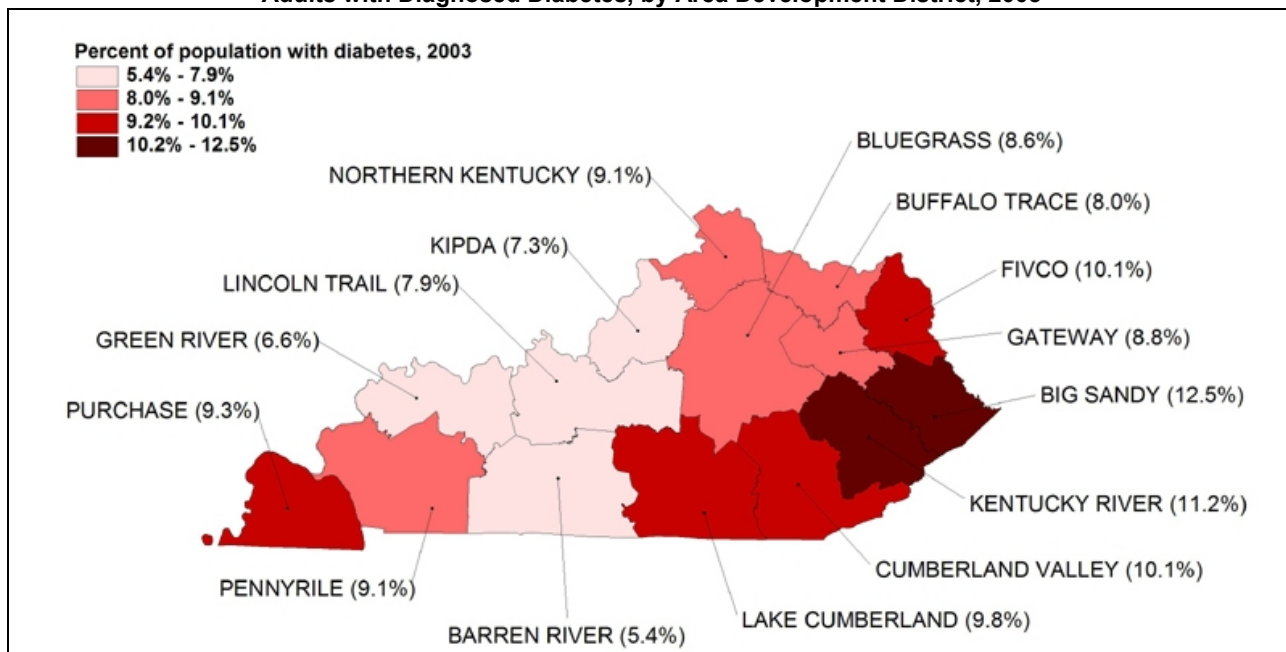
2005

DIABETES IS COMMON

Prevalence

The prevalence of diagnosed diabetes among adults in the Lake Cumberland Area Development District (ADD) was 9.8% in 2003. For comparison, the Kentucky statewide prevalence was 8.5% in 2003.

Adults with Diagnosed Diabetes, by Area Development District, 2003



At Risk for Diabetes

Obesity and lack of physical activity are risk factors for developing diabetes.

Reported Risk Factors among Adults, 2003

Risk Factor	Lake Cumberland	Kentucky	US
No leisure physical activity in the past month	32.5%	30.6%	23.1%
Obese (based on reported height and weight)	24.1%	25.6%	22.8%

DIABETES IS SERIOUS

Mortality

Diabetes was the 6th leading cause of death in Kentucky in 2002, and the 5th leading cause of death by disease. Lake Cumberland ranked 12th among the 15 ADDs for the highest rate of mortality due to diabetes.

Diabetes Mortality

	2000		2001		2002	
	Number of Deaths	Rate*	Number of Deaths	Rate*	Number of Deaths	Rate*
Lake Cumberland	48	21.9	46	20.5	61	27.4
Kentucky Total	1,054	26.5	1,048	25.9	1,257	31.0

*Age-adjusted rate per 100,000

End-Stage Renal Disease (ESRD)

Diabetes is the leading cause of ESRD in Kentucky as well as the nation. At the close of 2004, Kentucky had 1,519 diabetes-related ESRD patients, accounting for 41% of all ESRD patients in the state. Lake Cumberland had 55 diabetes-related ESRD patients, accounting for 41% of all ESRD patients in that ADD.

Hospitalizations

- Hospitalizations are coded with one primary diagnosis and up to nine secondary diagnoses. Diabetes and its related complications can be coded as either primary or secondary.

Diabetes-Related Hospitalizations (Primary or Secondary Diagnosis)

	Kentucky		Lake Cumberland	
	Number of hospitalizations	Percent*	Number of hospitalizations	Percent*
2000	79,307	15.7%	5,069	15.3%
2001	91,088	16.2%	5,518	15.9%
2002	96,320	16.5%	5,672	16.8%

*percent of total hospitalizations in ADD or State

Diabetes-Related Lower Extremity Amputations (Primary or Secondary Diagnosis)

	Kentucky		Lake Cumberland	
	Number of hospitalizations	Percent*	Number of hospitalizations	Percent*
2000	1,141	1.4%	45	.89%
2001	1,197	1.3%	50	.90%
2002	1,180	1.2%	62	1.1%

*percent of total hospitalizations in ADD or State

DIABETES IS CONTROLLABLE

Reported Preventive Care Practices Among Adults with Diabetes, Kentucky 2000-2003

Preventive Care Practice	Lake Cumberland	Kentucky	US 2003
Saw a health professional for diabetes ≥ 1 time in the past year	95%	94%	90%
Ever taken a course or class in how to manage diabetes	38%	45%	51%
Checked blood glucose ≥ 1 time per day	51%	60%	57%
Received a dilated eye exam in the past year	66%	71%	68%
Ever told by a doctor that diabetes has affected your eyes or that you had retinopathy	21%	27%	22%
Received a foot exam ≥ 1 time in the past year	61%	63%	69%
Checked feet for sores at least once per month	87%	90%	87%
Had a foot sore that lasted more than 4 weeks	14%	13%	13%
Received a flu vaccination in last year*	58%	54%	56%
Ever received a pneumonia vaccine*	34%	43%	48%
Had A1C checked ≥ 1 time in the past year	65%	70%	76%
“Don’t Know” or “Never Heard of A1C”	22%	21%	14%

*Question not included in 2000 survey and reflects a three-year average

Note: Respondents from unknown counties were excluded.



Data Sources: Prevalence, risk factors, preventive care practices - Behavioral Risk Factor Surveillance System, KY Department for Public Health (KDPH), Surveillance and Health Data Branch; Mortality - KDPH, Surveillance and Health Data Branch; Hospitalizations - Kentucky Inpatient Hospitalization Claims, KDPH, Health Policy Development Branch; ESRD - The Renal Network, Inc.

